

Mountaineer

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Former President Ford passes away

by Jim Garamone

American Forces Press Service

WASHINGTON — Americans will remember former President Gerald R. Ford as a man with the courage to heal a nation.

Ford, who died at his California home Dec. 26 at age 93, assumed the presidency at a grim time



Photo by White House Photograph Courtesy Gerald R. Ford Library, photographer David Hume Kennedy
In a brief break from business at hand, Ford pets his golden retriever, Liberty.

in American history.

In the midst of a distinguished career in the House of Representatives, the Michigan Republican was President Richard M. Nixon's choice to succeed Spiro T. Agnew as vice president. Agnew resigned in disgrace on Oct. 10, 1973, after pleading no contest to corruption charges and Nixon himself was facing impeachment.

Nixon's difficulty started with a break-in at the Democratic National Headquarters in the Watergate building here during the 1972 presidential campaign and evolved into a cover-up that involved many figures in the administration up to the president.

By August 1974, the prevailing mood in the country had turned against Nixon. Nixon had been re-elected in a landslide in November 1972, but revelations about the Watergate cover-up kept surfacing. A Senate select committee led by Senators Sam Ervin and Howard Baker investigated, and Americans began realizing how far the corruption had crept into the administration. In July 1974, Congress voted to begin impeachment proceedings against the president. Nixon weighed what lay ahead for him, and on Aug. 9, 1974, became the first president of the United States to resign from office.

The resignation was effective at noon. At 12:05 p.m., Gerald Ford began the healing process in a speech to America and the world. "My fellow Americans, our long national nightmare is over," Ford said. "Our Constitution works; our great republic is a government of laws, and not of men. Here, the people rule."

A year before becoming president, Ford was not even in line for the job. He was the House minority leader, and his fondest wish was for the Republicans to gain control of the legislative body so he could become speaker of the House. After Agnew's resignation, Nixon nominated Ford for the vice presidency. The Senate confirmed Ford, and he took that office on Dec. 6, 1973.

Ford was born Leslie Lynch King Jr. on July 14, 1913, in Omaha, Neb. His parents divorced, and his mother took him to Grand Rapids, Mich., to live with her parents. In 1916, she married Gerald R. Ford, and Leslie King became Gerald R. Ford Jr.

Ford excelled in school and in sports. He became an Eagle Scout in 1927 and was an all-state football player. He attended the University of Michigan, where he studied political science and economics and starred on the football team. When he finished college, the Green Bay Packers and the Detroit Lions approached Ford to play for them, but he opted to become a boxing coach at Yale University in New Haven, Conn., where he received his law degree in 1941.



Photo by White House Photograph Courtesy Gerald R. Ford Library, photographer David Hume Kennedy
President Ford mulls over affairs of state at the Oval Office in the White House.

During World War II, Ford joined the Naval Reserve and was commissioned as an ensign. At first, he was a physical fitness instructor at a pre-flight school at Chapel Hill, N.C., but in 1943, he reported to the aircraft carrier USS Monterrey and participated in operations in the Pacific Theater. He ended the war as a lieutenant commander and returned to Grand Rapids.

The future president joined a local law firm, and in 1948, challenged incumbent isolationist Republican legislator Bartel Jonkman. He won by a wide margin and took office on Jan. 3, 1949. At the height of the election campaign, Ford married Elizabeth Ann Bloomer Warren, known as "Betty."

Ford built a reputation in the House of Representatives as an effective legislator. He rose in the ranks and served as the ranking member on the House Appropriations Committee's defense subcommittee. In 1964, President Lyndon B. Johnson appointed Ford as one of the members of the Warren Commission looking into the assassination of President John F. Kennedy in 1963.

In 1965, Ford ran for and was elected as minority leader in the House. He held that position until he became vice president.

During his term as president, Ford faced many challenges. The Soviet Union was still a power, and Ford continued Nixon's policy of working to thaw relations with the Soviet Union. The Ford administration began negotiations of strategic arms limits and negotiated the Helsinki agreements on human rights.

In the Middle East, the Ford administration launched "shuttle diplomacy" in an effort to carve out a peace.

In Asia, the war in Vietnam continued as Ford took office. North Vietnamese regulars took the South Vietnamese capital of Saigon in April 1975, and the war was effectively over. But on May 12, Khmer Rouge forces seized the U.S. merchant ship

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MUST SEE



2006 at Fort Carson.
See Pages 22-23.

Word of the month: **DIGNITY**

Presidential message for New Year's Day, 2007

Over the past year, we have reached important goals and confronted new challenges. At the start of this new year, we move forward with trust in the power of the American spirit, confidence in our purpose, and faith in a loving God who created us to be free.

In 2006, the number of jobs steadily increased, wages grew, the unemployment rate dropped, and we achieved our goal of cutting the deficit in half — three years ahead of schedule. Thanks to the hard work and innovation of the American people, our economy has been growing faster than any other major developed nation. Significant tax relief has helped our citizens keep more of what they earn and fuel an economy that is vigorous and healthy. My administration will continue to work to help create more jobs, reduce the deficit, and spread prosperity to all our citizens.

Last year, America continued its mission to fight and win the War on Terror and promote liberty as an alternative to tyranny and despair. In the new year, we will remain on the offensive against the enemies of freedom, advance the security of our country, and work toward a free and unified Iraq. Defeating terrorists and

extremists is the challenge of our time, and we will answer history's call with confidence and fight for liberty without wavering.

Our nation depends on the fine men and women in uniform who serve our country with valor and distinction, and we remain mindful of their dedication and sacrifice. America's troops and their families exemplify the great character of our country, and they have earned the respect and admiration of a grateful nation.

As we celebrate the new year, we look with hope to the year ahead and the opportunities it will bring.

Laura and I send our best wishes for a happy New Year. May God bless you, may God bless our troops and their

families, and may God bless America.

— George W. Bush



White House photo by Eric Draper

President George W. Bush shakes the hand of Vice President Tariq al-Hashemi of Iraq as they near the end of their Oval Office visit Dec. 12. The president told Hashemi, "Our objective is to help the Iraqi government deal with the extremists and killers, and support the vast majority of Iraqis who are reasonable people who want peace."

POST TALK: What is your New Year's resolution?



"My resolution is to keep on recycling my trash. I've been doing it for two years now."

Wendy DeRosier

Directorate of Morale Welfare and Recreation, recreation Aide, Smith Craft Center



"I don't pay much attention to resolutions because I try to make every day profitable when it comes to my attitude and my relationships."

Len Yoblonski

Army veteran, owner of Sharp Art



"I want to lose 20 pounds by doing physical training twice a day and by not eating junk food."

Staff Sgt. Moses Reddin

2nd Space Company, Peterson AFB



"My resolutions are to improve my physical training score and to stick with college to finish my associate degree by the end of the year."

Spec. Shamon Taylor

4th Infantry Division



"I plan to live a healthy life and exercise more."

Lorraine Sirois

Fort Carson JAG Office paralegal

MOUNTAINEER

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NEWS

Hussein executed for crimes against humanity

by **Donna Miles**

American Forces Press Service

WASHINGTON — Former Iraqi dictator Saddam Hussein was executed Dec. 29, according to a statement issued by President George W. Bush.

The Iraqi High Tribunal sentenced Saddam and seven other former aides to death Nov. 5 for ordering the massacre of 148 men in Dujail, Iraq, in 1982. Acting on Saddam's orders, Iraqi security forces gunned down and tortured the villagers in retaliation for a failed assassination attempt against the former dictator.

State Department officials told reporters on background before the trial began Oct. 19 that the Dujail incident wasn't the most egregious of atrocities of which Saddam was accused, just the first case ready to take to trial.

Other atrocities included the 1988 Anfal campaign against the Kurds, including chemical attacks on the village of Halabja; the brutal crushing of a Shiite revolt in southern Iraq in 1991; and repression of the Faylee Kurds, officials said.

Rather than waiting for investigations on those and other cases to conclude, the Iraqis opted to move forward with the Dujail trial, officials said.

Saddam interrupted the proceedings regularly, Baathist "dead-enders" tried to intimidate members of the court and insurgents killed three defense lawyers in the course of the trial, U.S. Ambassador to Iraq Zalmay Khalilzad noted when the verdict was announced Nov. 5.

In a written statement, Khalilzad called the verdict "an important milestone for Iraq" that demonstrates the Iraqi's commitment to the rule of law. "A former dictator feared by millions, who killed his own citizens without mercy or justice, who waged wars against neighboring countries, has been brought to trial in his own country — held accountable in a court of law with ordinary citizens bearing witness," he said of the verdict.

The Appellate Chamber of the Iraqi High Tribunal rejected Saddam's appeal Dec. 26, upholding his conviction and clearing the way for his execution.

Coalition forces toppled Saddam's

repressive regime in March 2003. U.S. forces captured Saddam, who was hiding in a "spider hole" near his hometown of Tikrit, in December 2003. The Iraqi government maintained legal custody

of the former dictator, although Multinational Force Iraq officials had physical custody of him until before the execution, at the Iraqi government's request, defense officials said.

Statement by the president

Today, Saddam Hussein was executed after receiving a fair trial — the kind of justice he denied the victims of his brutal regime.

Fair trials were unimaginable under Saddam Hussein's tyrannical rule. It is a testament to the Iraqi people's resolve to move forward after decades of oppression that, despite his terrible crimes against his own people, Saddam Hussein received a fair trial. This would not have been possible without the Iraqi people's determination to create a society governed by the rule of law.

Saddam Hussein's execution comes at the end of a difficult year for the Iraqi people and for our troops. Bringing Saddam Hussein to justice will not end the violence in Iraq, but it is an important milestone on Iraq's course to becoming a democracy that can govern, sustain, and defend itself, and be an ally in the War on Terror.

We are reminded today of how far the Iraqi people have come since the end of Saddam Hussein's rule — and that the progress they have made would not have been possible without the continued service and sacrifice of our men and women in uniform.

Many difficult choices and further sacrifices lie ahead. Yet, the safety and security of the American people require that we not relent in ensuring that Iraq's young democracy continues to progress.

— Dec. 29, 2006

Ford

From Page 1

Mayaguez miles off the Cambodian coast. Ford ordered U.S. forces to retake the ship and free the 39 crew members. U.S. forces freed the vessel and the crewmen, but 41 Americans died in the operation.

Ford's most controversial position was one taken a month after taking office. He believed that prosecuting Nixon would keep the United States mired in the Watergate scandal. He granted Nixon a pardon before the filing of any criminal charges against him. Many said the decision was the result of a deal, but Ford always maintained it simply was the right thing to do.

In 1976, Ford faced down a challenge from Ronald Reagan and received the Republican nomination for president. At the beginning of the campaign, he was far behind the Democratic candidate, former

Georgia Gov. Jimmy Carter. Ford campaigned well and closed the gap, but lost one of the closest presidential elections in history.

Ford retired to California and was much in demand as a speaker and lecturer. In August 1999, then-President Bill Clinton awarded Ford the Medal of Freedom — the country's highest civilian award. Clinton, a Democrat, did it in recognition of Ford's role in guiding the United States through the turbulent post-Watergate era.

Upon learning of Ford's death, President George W. Bush issued a written statement praising the former chief executive. "With his quiet integrity, common sense, and kind instincts, President Ford helped heal our land and restore public confidence in the presidency," Bush's statement said. In a televised statement this morning, Bush called Ford "a true gentleman who reflected the best of America's character."

In 1979, Ford published his



White House Photograph courtesy Gerald R. Ford Library. **Photographer:** William Fitz-Patrick
Mike and wife Gayle, President Ford, Betty Ford, Jack, Susan and Steve on the south Lawn of the White House during Ford's tenure.

autobiography, titled "A Time to Heal."

U.S. flags will fly at half-staff for 30 days in Ford's honor. The former

president is survived by his wife, Betty, and four children, Michael, John, Susan and Steven.

MILITARY

Power for the people

Iraqi, U.S. forces deliver transformer

*2nd Brigade Combat Team,
2nd Infantry Division Public Affairs*

**FORWARD OPERATING
BASE LOYALTY, Iraq** — Iraqi army troops, assisted by members of the 3rd Squadron, 61st Cavalry, delivered a transformer to the al-Fadel neighborhood of al-Thawra Dec. 20.

The transformer is part of a multi-million dollar effort to bring electricity to al-Thawra. Some residents of this eastern Baghdad district were wary of the Iraqi army at first, according to Capt. Gabriel Suarez, from the 3-61st Military Transition Team, because insurgents in Iraqi Army uniforms had previously committed murders and kidnappings in the area.

But once an Iraqi captain explained that insurgents had committed the crimes and that Iraqi soldiers were only here to help, Suarez said the residents calmed down. Iraqi Army troops also took time to visit with children in the neighborhood school.

“The IA captain on the scene talked with the principal about what they were trying to do with the power, and went to every classroom to explain to the kids that the IA is here to help,” Suarez said.

Soldiers, both Iraqi and American, were well-received by the children, Suarez said.

“The kids were excited to see the IA and U.S. Soldiers,” he said. “It was great to witness all of their excitement.”

Although it took a little longer, adults also showed their appreciation, according to Suarez.

“The people down there were mad at the IA and didn’t want to see them (at first), but once the power people started to get to work, they calmed down a bit,” he said.

More transformers are planned



Photo courtesy of U.S. Army

Local school leaders and residents in the eastern Baghdad district of al Thawra discuss the placement of generators with Iraqi army troops Dec. 20. Iraqi and American troops installed a generator to provide electricity for the school as part of an initiative to help the citizens of al Thawra.

for installation in the eastern Baghdad district.

“We might be able to put in a few

starting tomorrow, but we’re making sure the IA is coordinating that,” Suarez said.

Military briefs

Miscellaneous

The Environmental Health section of Preventive Medicine — offers training on a variety of topics. Call 526-7922, 526-5274, or 524-7375 to schedule a training session for your unit. Courses include the following topics:

Heat Category Monitoring: Each company or unit's Field Sanitation Team is responsible for monitoring the Wet Bulb Globe Thermometer. EH can train units on how to use this equipment. If your unit needs to order the WBGT, the NSN is 6665-00-159-2218.

Food Service Sanitation Training: EH offers Food Service Sanitation Training for any employees of the DFACs, AAFES, CYS, both military and civilian. The four-hour refresher course is offered monthly, and the eight-hour initial training is held once every other month. The next four-hour refresher courses will be Jan. 30, Feb. 27, March 27 and April 24 from 8 a.m.-noon. The next eight-hour initial training classes will be Thursday, as well as March 8 and May 10 starting at 8 a.m. All classes will be held in the conference room in building 2059. Contact Jim Trainer at james.trainer@amedd.army.mil or 526-5274 or Capt. Teal Reeves at 526-7922 to reserve a seat.

Other classes available: EH also teaches classes to units on heat and cold-injury prevention, sexually transmitted diseases, hearing conservation, medical threat briefings for units that are approaching deployment, field sanitation team, and personal hygiene. Call 526-7922, 526-5274, or 524-7375 to schedule any of these classes or to get more information.

Food Service special events — Family Readiness Groups and units that conduct fundraisers by selling limited food items are required to fill out an application and checklist for their event. Contact Capt. Teal Reeves at 526-7922, or Sgt. Misty Gordon at 526-7375 for details and a copy of the paperwork needed. The application and checklist are also available through unit Family Readiness Groups.

Operation Warrior Trainer — The OWT program is looking for reserve component Soldiers returning from overseas operations to serve as observer/controller trainers. Reservists have 180 days to apply following demobilization. Call Lt. Col. Michael Hauser at 526-5501 for details or visit www.first.army.mil and click on the Uncle Sam poster.

Officer Candidate School — Packet submissions for direct select and local OCS are now handled by the Personnel Services Battalion in building 1218, room 160. OCS direct selection is in effect until Sept. 30, 2007, and there are still slots open. Contact Tom Grady at 526-3947 for more information.

Finance in- and out-processing — The in- and out-processing section of finance has consolidated its operations on the second floor of building 1218. Travel and accessions moved from the first floor of building 1218 to the second floor.

Customers for in- and out-processing should go to room 230 in building 1218, sign in and wait for a technician. Phone numbers remain the same: separations 526-8473/8476/1302; retirement 526-4233/4234/8470; travel 526-9930/0507/0475; accessions 526-8479/8236/4558; and chief of in- and out-processing 526-6230.

DPW services — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk can be reached at 526-5345. Use this number for emergencies or routine tasks.

- Refuse/trash — Call Kandy Clark at 526-9243 when needing trash containers, trash is overflowing or emergency service is required.

- Facility custodial services — Call Larry Haack at 526-9237 for service needs or to report complaints.

- Elevator maintenance — Call Sharon Gayle at 526-1695.

- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

- Base operations contract Contracting Officer Representative — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Kandy Clark at 526-9243 to request latrines, for service or to report damaged or overturned latrines.

Hours of Operation

CIF Regular business hours —The Central Issue Facility has changed its operating hours. The CIF is no longer open on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

In-processing

Monday-Thursday from 7:30-10:30 a.m.

Initial issues

Monday-Thursday from 12:30-3 p.m.

Partial issues

Monday-Thursday from 12:30-3 p.m.

Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

Direct exchange

Monday-Thursday from 12:30-3 p.m.

Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

Unit issues and turn-ins

Call 526-5512/6477 for approval.

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Learning Resource Center** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

Military Occupational Specialty Library — Monday-Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

Legal Assistance hours — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Trial defense service hours — TDS hours of operation are Monday-Thursday from 9 a.m.-4 p.m. TDS is closed on Fridays except for appointments

and emergencies. Chapters briefings are held Tuesdays and Thursdays at 1 p.m., and Article 15 briefings are held Tuesdays and Thursdays at 1:30 p.m.

Claims Division hours — The Claims Division office hours are Monday-Thursday from 9 a.m.-5 p.m, Friday from 8 a.m.-1 p.m. and closed federal and training holidays.

To make a claim, Soldiers must attend a mandatory briefing, which is given Mondays and Wednesdays at 10 a.m. and 2 p.m.

At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Retirement briefing — are held every second and third Wednesday of the month.

Special Forces briefings — will be held Wednesdays at building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m.

Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m.

Attendees should report to ACAP by 7:15 a.m. to building 1117, room 114. Call 526-1002 to schedule the briefing.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis.

Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.



"Better Opportunities for Single Soldiers"

BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

Multi-National Division — Baghdad

First time in four decades; two 2nd ID brigades conduct operation in eastern Baghdad

*2nd Brigade Combat Team,
2nd Infantry Division Public Affairs*

FORWARD OPERATING BASE LOYALTY, Iraq — Soldiers with the 2nd Brigade Combat Team joined with the 3rd Brigade Stryker Team, both from the 2nd Infantry Division, in launching a joint operation on the east side of the Iraqi capital Dec. 24.

The operation, aimed at disrupting insurgent activity, marks the first time since the 1960s that the two brigades of the 2nd Infantry Division have worked together.

During the operation, U.S. forces searched more than 300 homes. One insurgent was killed and another detained. The detained insurgent is now in U.S. military custody. U.S. forces recovered one bolt-action rifle, believed to have been used by a sniper.

The operation also uncovered 15 rocket-propelled grenades and 200 rounds of ammunition. The rifle and ammunition were confiscated by military personnel.

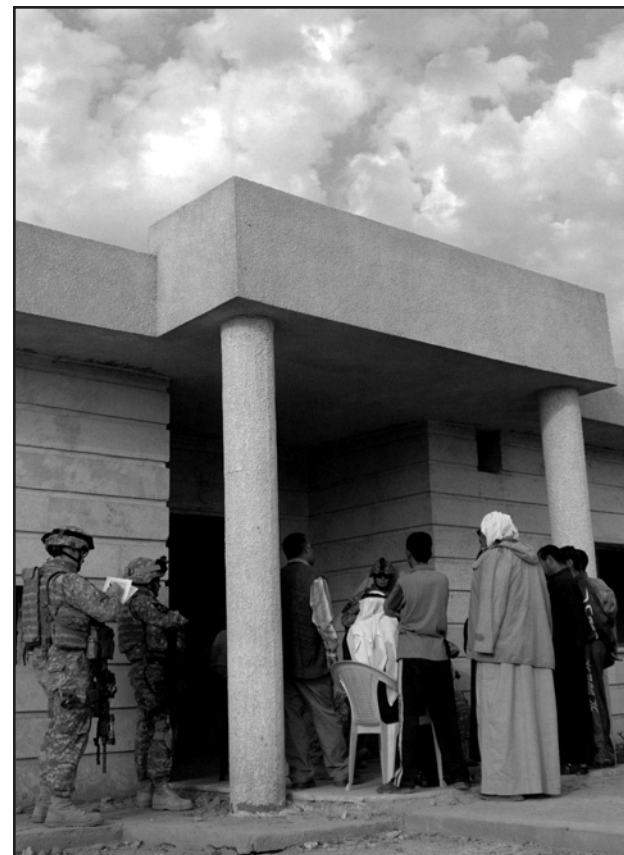
The 2nd and 3rd Brigades worked side-by-side in World War I and later in Korea. In

WWI, the brigades fought together during the Chateau-Thierry campaign and the Meuse-Argonne offensive. The Army deactivated the 3rd Brigade in 1939, but the unit reactivated in 1963. Two years later, the 2nd and 3rd Brigades were reunited in South Korea, where they helped calm rising tensions and guard the western corridor.

Both brigades are now on their second tour in Iraq. The 2nd IBCT fought from August 2004-August 2005 in Ramadi. The brigade returned to Iraq in October, operating in east Baghdad.

During its year in Ramadi, the brigade captured or killed more than 2,100 insurgents and spearheaded the Fallujah offensive in November 2004. This helped set conditions for successful national elections two months later.

The 3rd Brigade served in Iraq's Nineveh province from November 2003 to November 2004, its first overseas deployment since World War I. It returned to Iraq in June 2006, serving in Mosul until relocating to Baghdad in December.



U.S. Army photo by Spc. L.B. Edgar Harrison

Clinic is top priority

Soldiers from Headquarters Platoon, Troop B, 3rd Squadron, 61st Cavalry Regiment, 2nd Brigade Combat Team, 2nd Infantry Division and local residents discuss the future of the Kanasa Clinic, outside of Salman Pak, Iraq. Together they conducted a medical assessment of the facility to see what is needed to provide services to the community.

Former Chicago Bears stars lead New Year's Eve celebrity visit to Loyalty

by Maj. Sean J. Ryan

2nd Brigade Combat Team, 2nd Infantry
Division Public Affairs Office

FORWARD OPERATING BASE LOYALTY, Iraq — While many people back home were preparing for New Year parties, deployed Soldiers were looking at another day of missions. Fortunately for the Soldiers, two former football stars, one current weatherman and one television actress had another mission in mind — visiting Soldiers over the holiday season.

Forward Operating Base Loyalty was the last stop on the two-day Morale, Welfare and Recreation-sponsored tour. Soldiers from the 2nd “Strike Force” Brigade Combat Team, 2nd Infantry Division eagerly welcomed their first distinguished visitors from the civilian world.

The welcomed guests included former football stars Jim McMahon and Kevin Butler, actress Karri Turner of “JAG” and CBS “The Early Show” weatherman Dave Price.

Soldiers not on missions came in droves to see two members of what many experts call the best Super Bowl team in history, the 1985 Chicago Bears. McMahon, the brash and cocky former Brigham Young star, was the free-spirit quarterback who gave new meaning to wearing sweatbands, as he put them on his neck, elbows and forehead. He said he was focused on coming to Iraq for quite a while and felt privileged to be a part of the tour and meet all the Soldiers.

While greeting Soldiers, McMahon was still wearing his trademark sunglasses that many people

felt added to his cocky reputation as a player. In reality, McMahon wears them for medical purposes, after severing his retina at age 6 in an accident.

McMahon signed pictures and footballs and ensured all Soldiers who wanted pictures with him received them. The former Comeback Player of the Year and two-time Super Bowl champion said he was grateful for the opportunity to see all the Soldiers and looked forward to returning.

Spc. Aaron Holker, a native of Minneapolis and an admitted Vikings fan, was excited despite the fact the Bears and Vikings are division rivals. Holker, a forward observer for Headquarters and Headquarters Company, 2nd Brigade Combat Team, said it was great the players were taking their time to support the troops and that it was a huge morale boost for everyone on the FOB.

The other member of “Da Bears” was former kicker Kevin Butler. Butler was a rookie on the 1985 team and the first and only kicker ever to be inducted into the College Football Hall of Fame.

Butler said he was honored to get a chance to meet Soldiers and see first-hand their sacrifices. Butler’s son is one of the top-place kickers and punters in the nation at the high school level. He said he was amazed at the competence level of our young Soldiers only a year or two older than his own son.

Butler said he was amazed at the progress the military has made in Iraq and felt proud of every Soldier here. Both Butler and McMahon ensured everyone who took a picture with them wore Butler’s Super Bowl ring, which was a huge hit with the crowd.

Staff Sgt. Roy Jackson, a civil affairs noncommissioned officer, said anytime somebody takes their



U.S. Army photo by Maj. Sean J. Ryan

Former football stars Jim McMahon and Kevin Butler share a photo with Spc. Aaron Holker, a Vikings fan, during the “Ringing in the New Year” celebrity tour at Forward Operating Base Loyalty in east Baghdad Dec. 31.

time to come see troops is a big boost to morale.

Turner, who played Lt. Harriet Sims Roberts for nine seasons on the hit series “JAG,” is on her sixth tour overseas to visit with troops.

Turner said she is honored to spend time with troops and donates some proceeds from her on-line store to help families affected by the war.

Price, current weather anchor for “The Early Show,” said he, too, is privileged to come to Iraq and visit the troops. Price said he is filled with pride every time he sees and speaks with Soldiers. This was Price’s second tour visiting troops.



10th Combat Support Hospital uncases colors at home station

Col. Dennis D. Doyle, commander 10th Combat Support Hospital, left, is assisted by Command Sgt. Maj. Cy Akana in uncasing the 10th CSH colors in a ceremony Dec. 15 at Garcia Physical Fitness Center. The Soldiers had deployed in support of Operation Iraqi Freedom 05-07 as part of Task Force 10. TF 10 was composed of 29 different medical units, working with Iraqi government agencies to return many of their medical facilities to good operating condition as well as saving the lives, limbs and eyesight of many Iraqi nationals. Doyle pointed out that the Soldiers served with heroism, honor and esprit de corps worthy of the best units and that they fulfilled their mission to save lives and relieve human suffering. The medics and physicians conducted more than 37,000 outpatient visits, 8,300 emergency visits, 4,300 inpatient admissions, 3,600 evacuations or transfers, administered 19,000 blood products, amassed 9,200 operating room procedures and more than 8,000 operating room hours with a 94 percent survivability rate. The 10th CSH returned to Fort Carson Oct. 14.

Photo by Douglas M. Rule

Army accelerates conversion of brigade combat teams

Army News Service

WASHINGTON —The Army announced Dec. 20 it is accelerating the modular conversion of two

active-component brigade combat teams to increase the number of combat and combat-support units available for combat and homeland-defense missions.

The 3rd Brigade, 1st Armored Division, at Fort

Riley, Kan., will pass its transition-team mission and resources to the 1st Brigade, 1st Infantry Division, and convert to a heavy brigade combat team in April, 11 months earlier than planned. The brigade combat team will re-flag September as the 2nd Brigade, 1st Infantry Division, thereby aligning all Fort Riley units under the 1st Infantry Division.

The 3rd Brigade, 1st Infantry Division, at Fort Hood, Texas, will convert to an infantry brigade combat team in April, 17 months earlier than planned. The unit will relocate at Fort Knox, Ky., once facilities there become available. If, however, the unit is scheduled to deploy, it will return from combat to Fort Hood before moving to Fort Knox.

“The Army is steadfast in its determination to transform the total force from a Cold War structured organization into one best prepared to operate across the full spectrum of conflict; from full-scale combat to stability and reconstruction operations, including the irregular war that we face today,” said Army Chief of Staff Gen. Peter Schoomaker.

Increasing the number of available BCTs for the ready-force pool will also help reduce stress on the current force by giving units and Soldiers a few more months at home than they presently have, known as dwell time. Currently, the ratio is one year deployed time to sometimes less than one year at home station. The Army’s goal for the active component is one year deployed followed by two years at home.

The accelerated creation of the two BCTs will not require changes to the normal assignment process and most of the Soldiers will receive permanent-change-of-station orders next summer.



Photo by Staff Sgt. Aaron Allmon II

Soldiers from the 1st Armored Division secure the landing zone in the Al Jazeera Desert of Iraq.

COMMUNITY

Thanking the volunteers



Fort Carson volunteers enjoy food and entertainment during the Holiday Volunteer Social Dec. 14 at the Elkhorn Conference Center.

Story and photos by Michael J. Pach
Mountaineer Staff

Post volunteers were on the receiving end at the Holiday Volunteer Social held Dec. 14 at the Elkhorn Conference Center.

Volunteers were greeted by Maj. Gen. Robert W. Mixon Jr., commanding general Division West, First Army and Fort Carson, Ruth Mixon, Col. Eugene Smith, garrison commander, and Command Sgt. Maj. Joseph Van Dyke and given a gift from Santa as they entered the conference center.

Food and entertainment were plentiful. Musical performances were provided by Fort Carson's Harmony in Motion, Norsia Harrison and Jose Manuel. Dance performances were provided by Conjunto Folklorico Aires de Panama and Magic of the Pacific Island Dancers.

Community Volunteer Services Manager Joey Bautista and Maj. Gen. Mixon had kind words to say about the volunteers and thanked them for their hard work and dedication to the Fort Carson community.



Above: Maj. Gen. Robert W. Mixon Jr., at podium, Santa and Community Volunteer Services Manager Joey Bautista, left, applaud volunteers for their hard work at the Volunteer Holiday Social.

Above right: Magic of the Pacific Island Dancers entertain guests at the Volunteer Holiday Social.

Left: From right, Command Sgt. Maj. Joseph Van Dyke, Col. Eugene Smith and Ruth Mixon welcome guests as they enter the Elkhorn Conference Center.

Right: Spc. Megan Crabtree of Harmony in Motion sings "Santa Baby" to Santa.



Community briefs

Miscellaneous

Nurturing the Nature of Your Child: A Parent Training Seminar — Offered by the Gurian Institute Training Division, the seminar will be taught by co-author of "The Minds of Boys," Kathy Stevens, director of the GITD, and GITD trainer, Mittie Pedraza, both of Colorado Springs. The parenting session will be January 27, from 9 a.m.-1 p.m. at the Elkhorn Conference Center, 7300 Woodfill Rd., Fort Carson. Registration and continental breakfast start at 8:15 a.m. Space is limited and registration will be \$50 at the door.

To pre-register for the seminar, send a check for \$35, payable to Gurian Institute at Gurian Institute Training, P.O. Box 60160, Colorado Springs, CO 80960. For further information call Marcia Watson-Hilton at 635-0651 or e-mail her at Marcia@thegitd.com. Go to www.gurianinstitute.com to learn more about GITD.

DECAM Christmas tree recycling — The Directorate of Environmental Compliance and Management Wildlife Office will recycle Christmas trees again this year. The trees will be used to improve wildlife habitat for small animals and birds and to improve fisheries habitat in our ponds and reservoirs. Trees can be dropped off at either of two sites: (1) Specker Avenue site: Asphalt parking lost across the street from building 2425, north/east side of Specker Avenue, one-half mile south of Burger King. Collection area will be set up on the north end of the lot; and (2) Harr Avenue site: Apache Village on Harr Street, less than one-half mile south/west of Chiles in the parking lot on the north side of the basketball courts. The stations will be operated until the end of January. Please remove all ornaments and tinsel before dropping off trees. For more information call DECAM Wildlife Office at 579-9094.

Martin Luther King Jr. Art Contest for children — Fort Carson Equal Employment Opportunity Office is hosting a children's Martin Luther King Jr., art contest in preparation for Black History Month celebrations. There are four age groups: up to age 5; ages 6-8; ages 9-11; and ages 12-18. Entries are due by Jan. 9 and should be turned in at any Child and Youth Services Center or CYS Central Registration Office. For more information, call Patricia Rosas at 526-9673 or e-mail her at patricia.rosas@carson.army.mil.

Post Traumatic Stress help — "LZ Calvary" "is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr. Call Robert P. Schaffer at

390-8096 or 510-6009.

Job openings — Fountain-Fort Carson School District Eight has openings for an assistant kitchen manager and for food-service workers. For more information call 382-1334 or apply in person at 11355 Old Pueblo Road in Fountain.

Video Messenger — is free at the library. Soldiers and family members can record a video in either mini-DVD or VHS before and during deployments. Call 526-2350 to schedule an appointment.

Alcoholics Anonymous meetings — are held each Wednesday from 7-8 p.m. at the Colorado Inn, corner of Sheridan Avenue and Woodfill Road, building 7301, room 203. Call 322-9766 or 471-1625 for more information.

Harr Avenue reconstruction — from Titus Boulevard north to Coleman Avenue will begin Monday and continue for approximately 12 months, in four phases. Phase one includes the Titus Boulevard intersection to a point south of the north entrance to Aleutian Circle, and weather permitting, will be completed by the end of February.

The contract includes replacing all of the asphalt, pouring concrete curb and gutters on both sides of the road, and the construction of 800 linear feet of side-walks along the east side of the road.

Motion for Moms — A low-impact exercise class for pregnant and post-partum women, sponsored by Evans Army Community Hospital. Every Tuesday and Thursday, from 9-10 a.m., at the Garcia Physical Fitness Center. Call Rhonda Tulensa at 526-7030 for registration and information.

Hypertension class — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, building 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

No physical training zone — The area under construction, north of Ranges 69 and 5, should not be used for any training at any time. Construction is under way. The area is bracketed to the north by Khe Sahn Street, to the east by Barkeley Avenue, and to the west by Brown Road, Titus Boulevard and Specker Avenue.

Child and Youth Services, Caring Saturdays — Free child care for families of deployed Soldiers is offered the first and third Saturday of each month, from noon to 7 p.m., in the East Child Development Center, building 6058. Families must bring a copy of their sponsor's deployment orders and their child's up-to-date immunization record. For reservations call 524-4218. For further information call 526-1101.

Evans Army Community Hospital — The correspondence division of the Patient Administration Department will be closing Thursdays from noon-6 p.m. Release of information requests will not be taken during this time. This will create faster turnaround time for copies of records.



ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

Sponsored by the Fort Carson New Parent Support Program (NPSP)

TODDLER TIME

4 weeks of fun filled activities for children 18 months to 36 months

Thursdays, 10:00A.M. to 11:00A.M.
(February 15 & 22 and March 1 & 8)
Family University, Building 1161







Games

Crafts

Songs

Stories



To register, call (719) 526-4590 between 8:00A.M. to 3:30P.M. or leave a message at (719) 526-6440.

Ongoing road closures — Portions of Specker Avenue and Titus Boulevard will be closed until April. Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of Public Works Traffic Engineer, Rick Orphan, at 526-9267 or Fort Carson's Army Corps of Engineers Transformation Resident Office, Maj. John Hudson, at 526-4974.

Claims against the estate — Those with claims of indebtedness to the estate of Sgt. Yevgeniy Ryndych, deceased, should contact 2nd Lt. Jacob T. Carlisle at 526-9587.

Those with claims of indebtedness to the estate of Pvt. Albert Markee Nelson, deceased, should contact Capt. Ricardo Ocasio at 526-8890.

Those with claims of indebtedness to the estate of Roger Alfons Suarezgonzalez, deceased, should contact Chief Warrant Officer 3 John D. Varner at 526-3340.

Ever thought to try your hand at writing news stories? Why not become a stringer for the *Mountaineer*? Staff members are currently conducting training. Call 526-4144 or e-mail mountaineereditor@carson.army.mil for details.



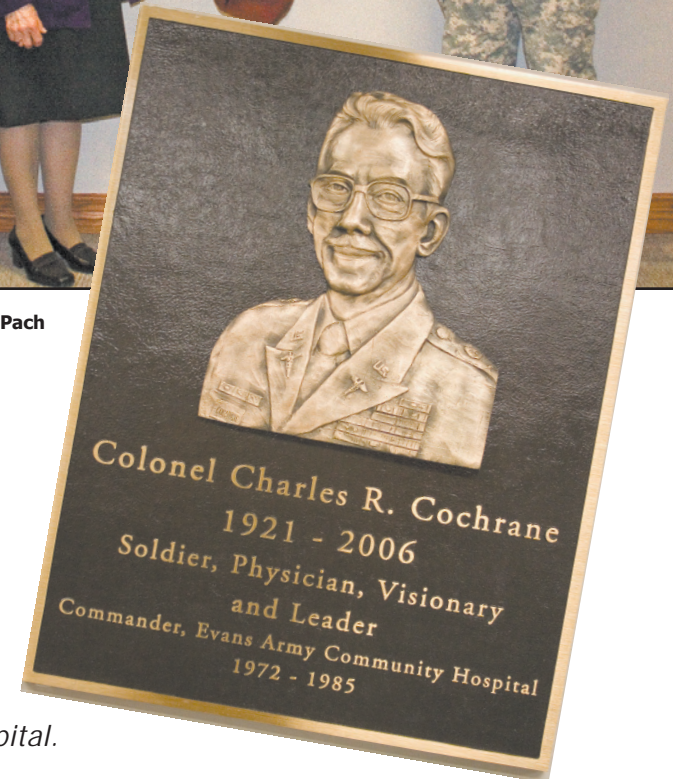
Photos by Michael J. Pach

Cochrane Hall Rededication

Above: Ella "Steppie" Cochrane, widow of Col. Charles Cochrane, receives flowers during the rededication ceremony of Cochrane Hall in Evans Army Hospital Dec. 14. The photographs on the wall illustrate the construction phases of Evans Army Hospital.

Above Right: Steppie Cochrane and Maj. Gen. Eric Schoomaker, commanding general U.S. Army Medical Research and Materiel Command and Fort Detrick, Md., unveil a plaque featuring a likeness of Col. Cochrane during the rededication ceremony. Also pictured is Col. Cochrane's daughter, Rhonda McKillip.

Right: The plaque in Cochrane Hall commemorates Cochrane's life and his service to Fort Carson. Cochrane was the commander of the Fort Carson medical department from 1972-1985 and was the driving force behind the construction of Evans Army Hospital.



The dawning of a new year

by Chaplain (Maj.) Robert F. Williams

Family Life Chaplain

It is said, "Being stuck in the past can keep you from being effective in the future." In the book, "Great Expectations," Charles Dickens tells the story of a woman who was about to get married. She planned to have the wedding at her home. She had the wedding cake set, the food ready, the place decorated with the finest flowers and the preacher ready to perform the ceremony. Unfortunately, the groom did not show up. The disappointment crushed her.

She spent the rest of her life mourning that event. At an old age, she still had her wedding dress on, the food on the table and all the decorations still in place. Such a scene depicted a tragic life of not being able to move on in her life. Sadly, a lot of people live their lives the same way.

The apostle Paul had many tragic events in his life, but he learned from them and was miraculously changed.

2006. Wow. What a year. It has certainly been one of the fastest around or maybe it's gone faster because I'm getting a little bit older.

With the coming of the new year 2007, many people are thinking about resolutions to make for the new year. Here are some things we might consider for this coming new year.

First, let us resolve to put the past behind us and honor God in 2007.

God allows things to happen in our lives to refine us. He wants us to remember our past mistakes and not repeat them, but he does not want us to be enslaved or defeated by our mistakes. It is often said, "history repeats itself if not learned from."

"Forgetting" means not dwelling on. Our minds are not to dwell on mistakes, but to lay them aside. Philemon 3:13-14 reads, "Brothers, I do not consider myself yet to have

taken hold of it. But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." In forgetting the past we must lay down our mistakes at the Savior's

feet and start anew.

Secondly, let us resolve to live better than we did before.

The birth of a butterfly is one of the most incredible things you can ever see. It starts out as a caterpillar, crawling on its legs to eat food. It is very limited by its circumstances.

Moving is tedious and hard.

But when a butterfly is born, it is a new creation. It stands with wings outstretched and ready for flight. Its life has a whole new meaning. No

longer trudging along, it can fly to great heights. It no longer acts, thinks, walks or even moves in the same way it did before. It is a new creation.

Let us take on the new year as the butterfly. New creatures of change. Resolving to love more, listen more, learn more and be more of who God wants us to be.

Thirdly, let us take our gifts and talents to use for God's service.

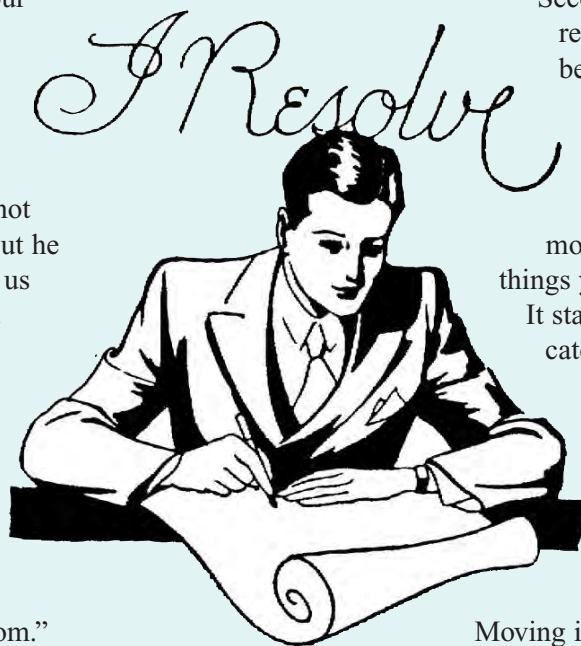
The epiphany is a beautiful picture of the wise men who went forth with a new vision and a new hope as they saw what the star held before them.

They were leaving behind their old life and looked to the star to learn what God had for them — the greatest gift of all. But they did not just come to God with their hands out ready to receive, but stretched forth their hands to give.

Their gifts of gold, frankincense and myrrh would be gifts of love and service, used for the Christ child and his family.

We have had quite a year, and what a year it has been.

Let us resolve to forget the past and honor God in 2007, to live better than we did before and to use our gifts and talents for God's service.



Chapel

Soldiers' Memorial Chapel Protestant

Sunday School — Join us beginning Sunday for "Treasure Island." Protestant Sunday School key scripture theme of "Give as freely as you have received" (Matthew 10:8). Classes study key Bible stories while also having fun with music and games. Classes for all ages are in session each Sunday from 9:30-10:30 a.m. Registration may be completed Sunday morning at Soldiers' Memorial Chapel, building 1500 (near the post exchange and East/West Child Care Centers). This year's program is musical, energetic and fast paced. Bible classes for adults are also provided each Sunday. Come join in the fun.

AWANA — Because children matter to God. What is influencing your children? Today's children are being influenced by so many things — the media, their friends, school and even video games.

AWANA teaches children that God is real, and that he loves them. AWANA clubs give children clear guidance in a world of conflicting messages.

AWANA is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ, and train them to serve him. AWANA on Fort Carson is sponsored by the Fort Carson Chaplain Program.

The Fort Carson AWANA Club meets Thursdays at Soldiers' Memorial Chapel from 5-7 p.m. Registration forms are at Soldiers' Memorial Chapel.

Adult and teen volunteers are still needed to serve in this ministry. If you have a heart for reaching children with the love of Jesus, join the team. For more information call Stacy Chapman at 382-3970.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Nicholas/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fritts/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoa	Veterans'	Titus	Chap. Fritts/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

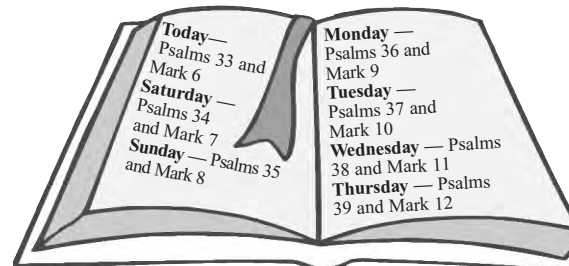
WICCA

Monday 6:30 p.m. building 4800, corner of Harr and O'Connell Rhonda Helfrich/338-9464

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177 or erwincl@msn.com; or Zoe Goodblanket 442-0929.

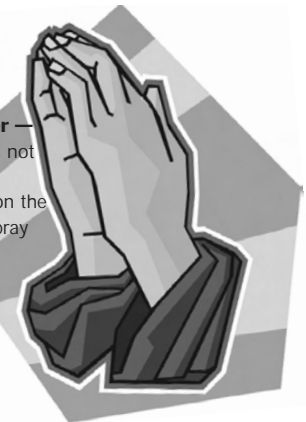
Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer

The Army Cycle of Prayer is not available this week.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com



Parenting seminar to be taught by local author

Nurturing the nature of your child

by Rebecca E. Tonn

Mountaineer staff

If you have ever noticed that boys and girls seem to need different learning environments to thrive, then this parenting session will answer your questions and dispel some of the myths of nature versus nurture.

Offered by the Gurian Institute Training Division, the seminar will be held Jan. 27 at Elkhorn and taught by co-author of "The Minds of Boys," Kathy Stevens, director of the GITD, and Mittie Pedraza, GITD trainer, both of Colorado Springs.

A military wife for 22 years and a mother of two sons, Stevens has designed this seminar especially for military families who are raising children while dealing with deployments, geographic isolation and frequent changes of schools.

"Parents love their children and want to do what's best for them, but they don't always know what to do," Stevens said.

In the last decade, new technology has allowed researchers to extensively study the brains of males and females. Using positron emission tomography

and magnetic resonance imaging, scientists have been able to document biological differences in the brains of girls and boys.

Brain-based research shows it is crucial for parents and educators to be aware of the differences, so they can create an environment that will help each child thrive, according to Stevens.

The seminar will include these topics: understanding a child's inherent and natural assets; revolutionizing family life away from distracting social trends and toward nurturing the particular nature of each child; preparing children for school and supporting them when they are in school; focusing on the different but essential roles of mothers, fathers, extended family, mentors, teachers and peers at specific key developmental times of a child's and adolescent's life; and new methods, strategies and parenting techniques for the seven stages of childhood and adolescence.

If your children are in middle or high school, it is not too late to benefit from brain-based research.

"This seminar is for parents of children of all ages. It is helpful to know what is going on in the adolescent

brain, biologically, that causes the behaviors that drive parents crazy. Parents can do things differently to diffuse a lot of the conflict during the teen years," Stevens said, smiling.

Stevens has a bachelor's degree in sociology and a master's degree in public administration. She has worked with children, adolescents and adults during 25 years in the nonprofit sector, most recently as director of the Women's Resource Agency from 1999-2004 and director of child development programs for Urban League of the Pikes Peak Region from 1994-97.

Uniquely suited to teaching this seminar, Stevens enjoyed school as a child and as a parent assumed her children would also. When her bright and energetic son, Mike, was labeled a problem child in the fourth grade, diagnosed with attention deficit hyperactivity disorder, put on Ritalin, teased by peers for being stupid — even though he scored high on intelligence tests — and begged to stay home from school, Stevens struggled with how to help him.

"Because of the risks boys naturally take, a mom is ready to face a lot of little daily crises. But the crisis in my son's education — that took me



Courtesy photo

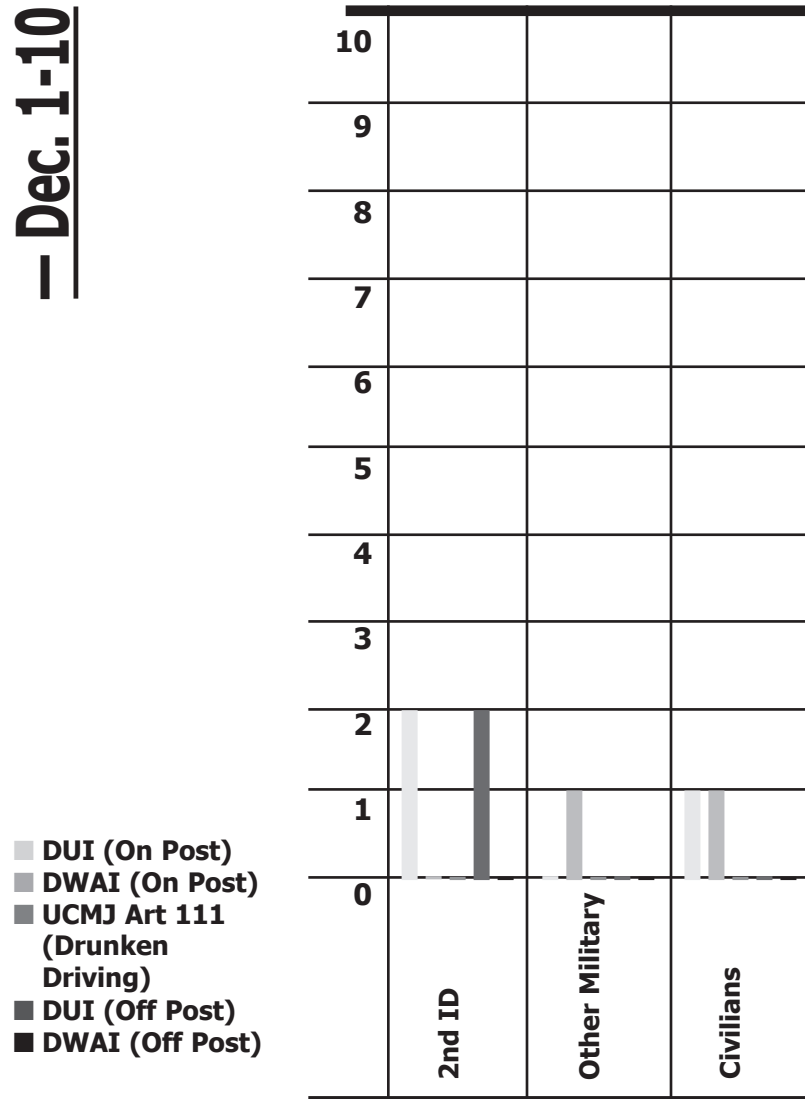
Kathy Stevens, co-author of "The Minds of Boys."

completely by surprise," Stevens said in her book.

Girls tend to thrive in a traditional classroom, which is lecture-based and requires hours of sitting still, Stevens learned. And boys need a more interactive environment in which they can stand, walk around and play with a

Cited violations for DUI, DWAI, Article 111

— Dec. 1-10



Courtesy photo

Fire department helps families in need

Fort Carson Fire Chief Michael Harris loads toys and clothes for delivery to the Salvation Army's Holiday Angel Tree Program. This is Fort Carson Fire and Emergency Services' third year of participation. It sponsored 43 children in December.

Parenting

From Page 16

toy or twirl a pencil while listening. Boy energy, as Stevens' book refers to it, is not a disciplinary issue but a necessity for keeping boys' brains stimulated so they will learn. A few simple changes in the classroom and at home can ensure that boys and girls will have an opportunity to thrive and enjoy learning.

After years of studying brain-based research, Stevens realized that Mike was a perfectly normal child, but the traditional system of education in

our country had been hindering his ability to learn.

"The way males and females process information is very different and when we understand that, we can get along better," Stevens said. For instance, males, driven by testosterone to be more active and aggressive, need 24-48 hours to process an emotional situation in the limbic system before they are ready to talk about it. Whereas females are able to process an emotional situation more quickly, and are chemically driven by the hormone oxytocin to bond with others, Stevens said.

Today, Stevens' son, Mike, now 30, is a veteran of five years in the Army and studying to be a teacher so he can help other boys who are struggling in school as he did.

The parenting session will be Jan. 27, from 9 a.m.-1 p.m. at the Elkhorn Conference Center, 7300 Woodfill Road, Fort Carson. Registration and continental breakfast start at 8:15 a.m. Space is limited and registration will be \$50 at the door.

To pre register for the seminar, send a check for \$35, payable to Gurian Institute at Gurian Institute Training, P.O. Box 60160, Colorado Springs, CO 80960. For further information call Marcia Watson-Hilton at 635-0651 or e-mail her at Marcia@thegitd.com.

A question and answer session will follow the lecture.



Photo by Eric J. Enger

'Up, Up and Away'

Eric J. Enger's photo, "Up, Up and Away," earned him 1st place in the Division 2/Place category of the 2006 All Army Digital Photography Contest for Fort Carson. Other winners included Jonathon Persons, Michael Morgan, Aaron Ritter, and Trevor McConnell. All winning entries from Fort Carson have been submitted to the Armywide competition in Alexandria, Va.

The Minds of Boys

Saving Our Sons
from Falling Behind
in School and Life



From the Author of the Bestselling *The Wonder of Boys*

MICHAEL GURIAN

and Kathy Stevens

If you eat, you qualify SHARE saves you money while helping the community

Story and photo by Michael J. Pach

Mountaineer staff

Would you like to save money on your monthly grocery expenses? The Self Help and Resource Exchange program is a way to save close to 50 percent off your grocery bill while helping the community.

SHARE is a program of the Catholic Charities Archdiocese of Denver that serves Colorado, New Mexico, Nebraska, Wyoming and South Dakota. Anyone can participate since there are no restrictions based on income levels or any other criteria. If you eat food, you can take part in the program.

Fort Carson is a host site for SHARE, offering the program benefits to Soldiers on post. The Fort Carson program is sponsored by the Sgt. Audie Murphy Club and coordinated by family member Kelli Dean.

"It's a great program, and we're really trying to boost it," said Dean. "The Audie Murphy Club is a great help and we have fun doing it."

Here's how the program works: SHARE purchases bulk quantities of popular grocery items and offers savings on a varied menu each month. Participants can pick up a SHARE newspaper at the Army Community Service Family Readiness Center, the Family Connection or from unit command finance noncommissioned officers. Information is also available on the SHARE Web site at www.sharecolorado.com. The newspaper and the Web site contain a menu/order form for the current month with a description of all the items that are available for purchase. Purchases can be made

securely online or by calling the customer service center in Denver at (800) 933-7427. Orders are then picked up at a location on post on the designated delivery day, usually the third Saturday of the month, between 9 a.m. and 10 a.m.

The savings from participating in the program can be substantial. According to the SHARE meal planning guide for January, the total cost to feed a family of four with its suggested list of foods is \$285.55. The cost of the same items purchased at retail is \$495.69, a savings of \$210.14 or 42 percent.

"When I was budgeting for my family, the food boxes were \$25 and would feed the three of us for four meals," said Dean.

Each month SHARE offers special seasonal packages that correspond to a certain holiday or event within that month. For example, the special package for January is a Super Bowl package designed for game-day parties that contains a 12-pack of 5-inch Red Baron pizzas, 5.2 pounds of beer-battered brats, 16 ounces of spinach artichoke dip, two pounds of mozzarella cheese sticks, 28 ounces of mini corn dogs, 16 ounces of Cream Cheese Zappers, 14 ounces of chicken breast bites and 28 ounces of popcorn chicken for \$20.

So how does participating in SHARE help the community?

Each host site is awarded 3 percent of the total of sales from

each month. Dean uses that money to purchase things for the Fort Carson community like toys for the Family Connection, prizes for drawings and meals for needy families on post.

SHARE also accepts donations for what they call "sponsored shares." Monetary donations go toward purchasing food for needy families in the area.

Dean has participated in SHARE for the past six years and has been the Fort Carson coordinator for the last three. Under her leadership, the post program has won awards for top sales and largest growth. Due to family commitments, Dean needs to step down as coordinator, so she is looking for a volunteer to take her place.

For more information about the program or to volunteer, call (800) 933-7427, visit the web site listed above or contact Dean at 382-7497.



Kelli Dean, center, calls out items on an inventory list as volunteers from the Sergeant Audie Murphy Club and the 759th Military Police Battalion organize Share Colorado food orders.

Looking back at Fort Carson 2006

Div West stands up



Photo by Sgt. Clint Stein

In a major change to Fort Carson, the 7th Infantry Division was reflagged as Division West, First Army. The new unit's responsibility entails all training for Reserve and National Guard units west of the Mississippi River, with the exception of those in Minnesota. Other units reflagged under Division West as well. As part of the Transformation of the U.S. Army, some units were realigned while others were reflagged.

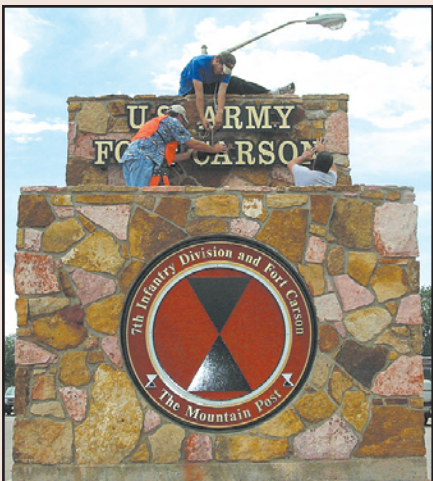


Photo by Neil Lampe



Photo by Michael J. Pach

Mountaineer staff

2006 was a year of change for Fort Carson. With deployments and redeployments, the population changed like never before. Under Base Realignment and Closure, units were reflagged and restationed.

2006 was also a year of joy and tears. Troops departed for additional deployments in support of Operations Enduring Freedom and Iraqi Freedom. Troops returned after extended service in OEF and OIF. Some troops, unfortunately, did not return. 2006 was a year unlike any other.

Farewells and Returns



Photo by Michael J. Pach



Photo by Sgt. Clint Stein

It was tears of happiness as the 3rd Armored Cavalry Regiment, the 3rd Heavy Brigade Combat Team of the 4th Infantry Division and units of the 43rd Area Support Group returned from tours of duty in Iraq. It was tears of sadness as the 2nd Infantry Brigade Combat Team of the 2nd Infantry Division, which was restationed to Fort Carson from Korea last year, departed for its second deployment to Iraq.



Photo by Rebecca E. Tonn



Photo by Michael J. Pach



Photo by Rebecca E. Tonn

3rd ACR farewell

Weeks after the last of the 3rd Armored Cavalry Regiment troops returned to Fort Carson, the unit cased its colors and moved to its new home at Fort Hood, Texas. In a trade-off move, it was announced that the 4th Infantry Division, which was previously headquartered at Fort Carson but moved to Fort Hood in 1995, would be restationed at Fort Carson by 2008. Construction has begun for new barracks and buildings for the additional troops.



Photo by Sgt. 1st Class Donald Sparks



Photo by Master Sgt. Dennis E. Beebe

GWOT memorial



Photo by Sgt. 1st Class Donald Sparks

In May, Fort Carson rededicated its memorial to Fort Carson troops killed in support of the Global War on Terrorism. The names of those killed in the past 12 months were added to the list of honor already on the memorial. Twenty-seven Fort Carson Soldiers made the ultimate sacrifice in service to the United States in 2006.



Photo by Sgt. Clint Stein

Training

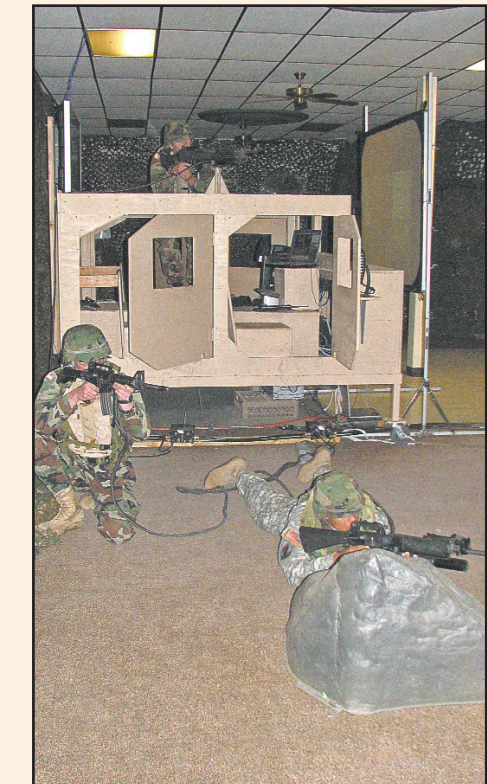


Photo by Michael J. Pach



Photo by Rebecca E. Tonn

Some things never change. Soldiers continue to train to be prepared for whatever mission they are assigned. For Fort Carson Soldiers it was no different. Units trained at Fort Carson, Piñon Canyon Maneuver Site and the National Training Center at Fort Irwin, Calif.



Photo by Rebecca E. Tonn



Photo by Michael J. Pach

Cheney visit



Photo by Douglas M. Rule

Vice President Dick Cheney visited Fort Carson in November, saluting the Soldiers and civilians of Fort Carson who have served in Operations Enduring Freedom and Iraqi Freedom. He awarded the Purple Heart to two Soldiers injured in action.



Photo by Douglas M. Rule



Out & About

January 6 - 12, 2007

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PHYSICAL FITNESS CENTERS

MONTHLY ACTIVITIES SCHEDULE

Forrest Physical Fitness Center

Building 1843 on Prussman Road - POC: 526-2706

Belly Dancing

When: Tuesdays 6:30 P.M.

Dates: 2 January - 23 January 2007

Price: \$24 per person paid in full by 2 Jananuary

Garcia Physical Fitness Center

Building 1856 on Porter Street - POC: 526-3944

Social Singles

When: Fridays 5:30 p.m.

Dates: 5 January - 26 January 2007

Price: \$24 per person paid in full by 26 January

Social Couples

When: Fridays 6:30 p.m.

Dates: 5 January - 26 January 2007

Price: \$48 per couple paid in full by 5 January

Aerobics/Spinning classes offered monthly. Please pick up a schedule (updated monthly)at Forrest PFC. Classes include Yoga, Spinning, Cardio Mix, Kickboxing, Toning, and 20/20/20.

Class descriptions:

20/20/20: A little bit of everything...after the warm-up, enjoy 20 minutes of each: Step, K-Box & Muscle Conditioning. Class ends with stretching.

Cardio Mix: An energetic mix of Hi-Lo floor aerobics & Step, followed by abs & stretching.

Kickboxing: Combat fat, increase muscular strength & endurance with this kick-in-the-pants workout! We'll move through a tough series of punches and kick and follow up with strength training abs & stretching.

Spinning: This highly motivational class takes you on a cycling adventure, freeing your mind and energizing your body.

Toning: This class is designed to sculpt and strengthen your entire body using dumbbells, body bars, and elastic resistance.

Yoga: A class for everybody! Increase your flexibility and balance, improve your alignment and functional strength, learn to breath more efficiently, reduce stress- improve all other workouts, too!

FORT CARSON'S HUNTER'S EDUCATION CLASS SCHEDULE

U.S. ARMY

MWR

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719-526-5366 OR 526-8325

2007 CLASS DATES

JANUARY	16, 17, 18
FEBRUARY	20, 21, 22
MARCH	13, 14, 15
MARCH	20, 21, 22
MARCH	27, 28, 29
APRIL	24, 25, 26
MAY	29, 30, 31
JUNE	26, 27, 28
JULY	31, AUGUST 1, 2
AUGUST	7, 8, 9
AUGUST	14, 15, 16
AUGUST	21, 22, 23
AUGUST	28, 29, 30
SEPTEMBER	4, 5, 6
OCTOBER	2, 3, 4
NOVEMBER	6, 7, 8
DECEMBER	4, 5, 6

\$10. PER CLASS.

ALL CLASSES START AT 5 PM AND RUN THROUGH 9 PM UNLESS INDICATED OTHERWISE DURING THE FIRST CLASS MEETING.

ALL CIVILIANS MAY ENTER FORT CARSON GATE 1 (MAIN GATE) OFF OF HWY 115 GATE 4 - OFF B ST. GATE 20 - EXIT 132 OFF I-25

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT THE FORT CARSON OUTDOOR RECREATION COMPLEX 719-526-5366, 719-526-8325 OR E-MAIL AT OUTDOORINFO@CARSON.ARMY.MIL

Published by the Fort Carson DMWR Marketing Team, 719-526-3161

SPORTS & LEISURE

Carson community bowls in New Year



Alex Hernandez, center, and his wife Erica Hernandez, right, share family time with their children Amber, front left, Alexis, rear left, Alex Jr and Derrick at the New Year's Eve bowling activities.

**Story and photos by
Walt Johnson**
Mountaineer staff

Members of the Mountain Post community brought in the new year by knocking down pins and spending some quality family time.

The Thunder Alley Bowling Center was the site of the New Year's Eve Black Light Party hosted by the Directorate of Morale, Welfare and Recreation. This was the first year the bowling center was the sole entertainment spot for New Year's Eve party goers since Xtremes Sports and Entertainment Lounge is closed for remodeling.

"We actually have had different programs like this over the past few years. This is the first year that this is the only thing that we have done. In the past, we have always had the clubs going and we would have a dinner and a band at the Elkhorn and activities at Xtremes. This event crosses over all the lines here at Fort Carson and that makes it a family-friendly event. For us it's all about taking care of the Soldiers and their families," Steave Barnes, DMWR business office, said.

Derrick McKinley, manager of Xtremes, said the program was something the people on post looked forward to as evidenced by the early sign ups and the people who showed up for the event Sunday night.

"There was not a lot on post for the families and Soldiers to do for New Year's. So we decided that to we would hold this event for a number of reasons. One, we wanted to increase interest in bowling and MWR activities on post. Second, we wanted to have something special for the people on post to come out for and have a good safe family outing for New Year's," McKinley said.

Larry Maye and his family were some of the people that took advantage of a chance to bring in the new year at the post with members of the Carson community.

"We had been bowling at the lanes in Fountain in previous years, so we thought we would try something different this year and come on post to bowl. This will be a new experience for us and all we are expecting from it is to have fun and have a nice family outing. It will also be very special to be able to bring in the new year with other Soldiers and their families," Maye said.



Larry Maye, right, and his wife Jennifer Maye, prepare for the New Year's activities with one of their younger children Sunday.



Kime Morgan, right, and his wife Cherice Morgan, join their children Verity, left and Destiny at the New Year's Eve event.

On the Bench

Special Olympics seeks partners for basketball athletes

by **Walt Johnson**

Mountaineer staff

The Colorado Springs Special Olympics program in Colorado Springs needs help from interested people willing to be partners for upcoming Special Olympic basketball events.

Each team has to have a certain number of partners to go along with the athletes as they participate in basketball events for the Special Olympics athletes. The Special Olympic athletes are not severe-need athletes and are very competitive players, according to Ray Embry, coach of one of the Special Olympic teams.

The games will be played from Wednesday through Feb. 21 to determine which teams will play in the regional tournament here in late February. This will be a league format with teams playing every Wednesday at Panorama Middle School in Colorado Springs, leading up to the regional tournament.

Anyone interested in being a part of

this program or needing more information can call Embry at 391-4893.

The Colorado Crush Arena League football team is preparing for the upcoming season by holding a special tryout for a spot on the team's training camp roster Jan. 20.

The tryout will be held at the South Suburban Family Sports Dome, 6959 S. Peoria St, Englewood, beginning with registration at 6 a.m. People can also pre-register by going to www.coloradocrush.com and downloading the form from the team's web site.

The registration fee is \$75 and is payable by cash or check only on the day of the tryout. The team will not accept credit cards as a payment method.

Anyone interested in participating in the tryouts must be at least 18 years of age and should have full football gear and shoes worn on indoor turf fields. All potential players will be asked to sign a waiver form before they can participate in any events. Players

See **Bench** on Page 27

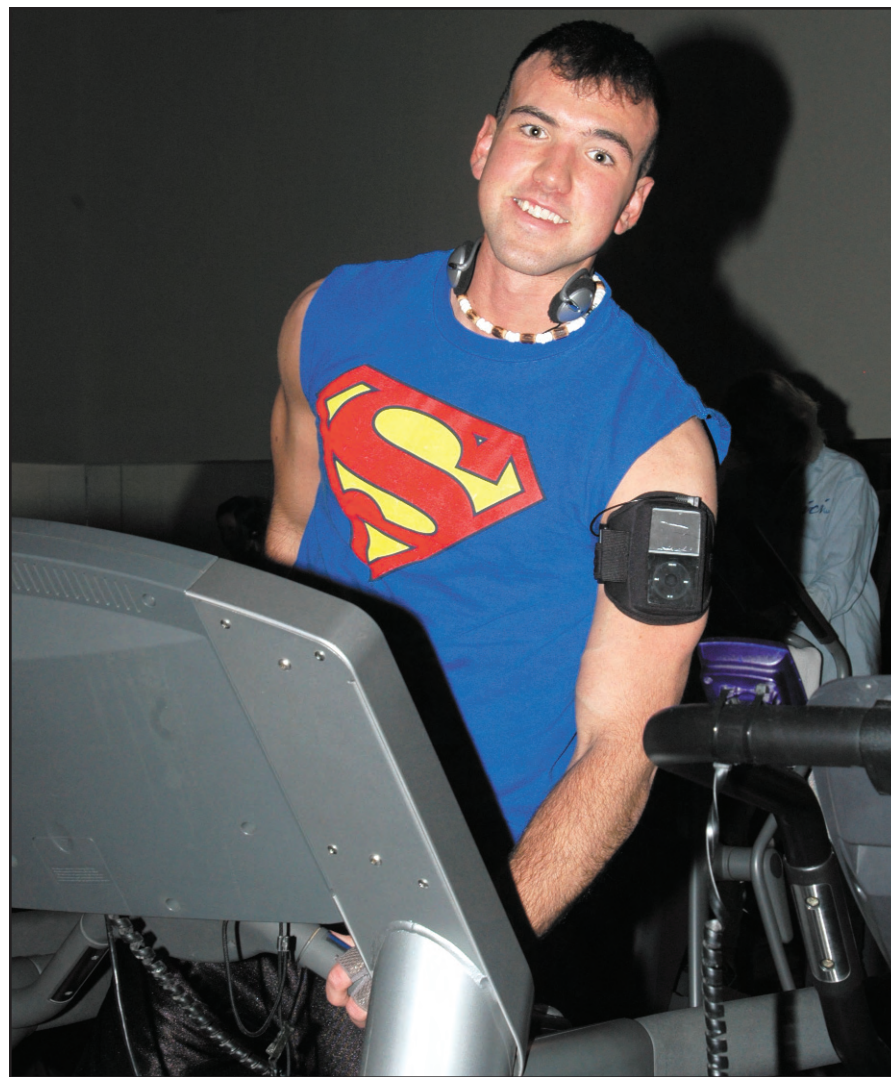


Photo by Walt Johnson

Super workout

Fort Carson's Tyler Crubaugh said his workouts don't make him a superman but he gets super workouts at post fitness facilities.



Photo by Walt Johnson

Belly Dancing

Forrest Fitness Center belly dancing instructor Betty Sue Pearson talks with her class prior to a session in December. Belly dancing classes are offered at the center as part of the aerobics program. Call 526-2706 for scheduled times.

Bench

From Page 26

will be tested for speed, strength and agility.

According to the team, this is the fifth year they have held open tryouts and there has been a success story in relation to the event.

“Former Crush wide receiver and defensive back Thal Woods was discovered at an open tryout held prior to the team’s inaugural season in 2003 and played parts of three seasons with the team.”

The Crush will begin its season Mar. 4 at the Pepsi Center in Denver when it hosts the Grand Rapids Rampage at 1 p.m.

Rocky Mountain Sports Officials association is looking for a few good men and women who are interested in being sports officials.

The association, which does the officiating for a lot of the military and civilian sports activities in Colorado Springs, is looking for individuals who are interested in learning to be an official or who want to continue their career as officials. Anyone interested in becoming a member of the association should contact John Wyatt at 382-0199 or e-mail him at tophoopref@adelphia.net.

The Colorado College Tigers will be back in action today and Saturday at the World Arena in Colorado Springs, hosting the North Dakota Fighting Sioux at 7 p.m. each evening.

This is the only series the Tigers will play at home in January in their conference. The team will play a game against the USA Under 18 team Jan. 20 at 2 p.m. The Tigers conference record this year is 8-4, good for third place in the league. The Sioux are currently in seventh place in league standings.

Mountaineer High School Sports

Trojans begin second half

Fountain-Fort Carson's Jamal Johnson, 22, looks up after putting up a shot against Widefield High School in December. The Trojans boys team is back in action for the second half of the high school season when it hosts the Falcon High School Falcons at 7 p.m. Saturday. The Trojans will host the Harrison Panthers at 7 p.m. Tuesday at Fountain-Fort Carson High School's gym.



Photo by Walt Johnson

Mountaineer High School Sports



Lady Trojans begin second half

Fountain-Fort Carson players complete a pass the ball during action in December against the Pueblo East Eagles at Widefield High School. The Lady Trojans team is back in action for the second half of the high school season when it visits the Falcon High School Falcons at 7 p.m. Saturday. The Lady Trojans will host the Harrison Panthers Tuesday at 6 p.m. at Fountain-Fort Carson High School.

Photo by Walt Johnson

Zumba into shape

**Story and photo by
Rebecca E. Tonn**

Mountaineer staff

If you are serious about getting in shape in 2007 and living a healthier, happier lifestyle, then Forrest Fitness Center has what you are looking for. Forrest offers kickboxing, spin and

20/20/20 classes, which combine a little bit of everything: 20 minutes each of step aerobics, kickboxing and muscle conditioning.

In December Forrest offered four free-preview classes of the newest fitness craze: Zumba. The response of participants was enthusiastic, so Forrest will be offering Zumba classes

in early March, said Danielle Dungen, fitness instructor.

Zumba is a fusion of Latin and international music. The routines feature aerobic fitness and interval training with a combination of fast and slow rhythms, which tone and sculpt the body, according to the Zumba Fitness Web site,

www.zumba.com.

Willa Allen, fitness instructor, was high energy and all smiles as she led a Zumba class at Forrest Dec. 19. She explained that Zumba is not like an aerobics class: participants move sideways, backwards and forward while watching the instructor to anticipate the next move.

"If I tap the side of my leg, it means we're moving this way. OK, let's take it four times," Allen said to the class.

With a combination of jumping, dancing, twisting and grooving, Allen led the class back and forth and

sometimes in circles. Everyone was smiling. Participants moved at a pace that was comfortable to them. Old timers kicked and danced hard, working up a sweat. Newcomers got into the groove but were not quite as wild. Allen kept them informed so they could keep up with her:

"Watch my feet. You guys are looking good. I'm changing on you — go for the hop."

Sheryl Coleman, family member and communications operator at Evans Army Community Hospital, said she took the class because she needs the exercise and loves to dance. Afterwards, she said she would definitely come back.

"I like the pace. This is great — it's what I've been looking for," Coleman said.

Spin classes are Tuesdays and Thursdays at 4:30 p.m., followed by 20/20/20 classes at 5:30 p.m. Kickboxing classes are Tuesdays and Wednesdays at 5:30 p.m. For a complete list of classes, pick up a January calendar of events at the front desk. Classes are \$2. Forrest Fitness Center is located on Prussman Avenue, building 1843. For more information call 526-2706.



Willa Allen, fitness instructor, leads a Zumba class at Forrest Fitness Center Dec. 19.